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Evolve Academy

# Curriculum Planning

## Physical Education

## Curriculum Intent

At Evolve Academy the Physical Education intent is to give children the tools and understanding required to make a positive impact in their own physical health and well-being. We want all children to experience and develop a wide variety of sports and physical skills, promoting a healthy lifestyle and a love for being active. PE can promote self-esteem through being active, problem solving and physical challenges developing respect, discipline, confidence, teamwork, boundaries, and independence. It can teach children to cope with both success and failure in individual and team activities both, applying a competitive element where appropriate.

We teach the National Curriculum, supported by a clear skills and knowledge progression linked with PHSE and science. This ensures that skills and knowledge are built on from children's starting points on arrival at Evolve and sequenced appropriately to maximise learning for all. Children gain experience of a variety of fundamental skills built upon KS1-KS3 set skills. This has a focus on gross motor skills, agility, balance, coordination, and physical fitness. Taking a personalised approach to learning and resources, children take part individually and in teams, participating in multi-skills activities and individual and team games and sports.

Our curriculum aims to improve the wellbeing and fitness of all children at Evolve Academy, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

## Curriculum Implementation

All pupils in KS2 and KS3 receive 2 hours of Physical Education a week from subject specialists.

Pupils follow a broad and balanced curriculum to support the curriculum intent identified above, working on skill specific units. With teachers routinely modelling tasks and using expert questioning techniques to develop pupils understanding. The specific aim is to improve the quality and range of skills across a variety of activities that pupils can access in a mainstream school and the wider local community. Children are provided with appropriate support to enable them to take part in and gain confidence in skills, developing their understanding of PE and becoming motivated to take part and maintain a healthy and active lifestyle. Pupils are taught in classes into small ability groups for PE to stretch and challenge individuals and ensure their learning needs are met. Assessment within the

department is designed to shape future learning. The PE curriculum is coherently planned and sequenced to ensure that every child has access to the statutory areas of the PE National Curriculum regardless of ability or gender. Although we do follow the National Curriculum, we understand that our students come from such diverse backgrounds and with a varied understanding and knowledge of PE when they come to us. Therefore, the curriculum is bespoke, and we adapt our learning to best meet the needs of our students. When adapting the curriculum for our students we consider their Social, Emotional and Mental Health and Sensory and Physical needs.

### Curriculum Impact.

We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our pupils learn to take responsibility for their own physical and mental health, wellbeing and fitness. We equip our children with the necessary skills and a love for sport. The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and wellbeing. Physical activity will promote pupils' reengagement into the curriculum through a focus on our core values. Pupils will demonstrate SEMH progress. Our curriculum aims to improve the wellbeing and fitness of all children at Evolve Academy, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

### Assessment in Physical Education

<b>Recall/Recap</b>	<b>Peer-assessment</b>	<b>Baseline Assessments</b>
<b>Questioning</b>	<b>Self-assessment</b>	<b>End of unit assessments</b>
<b>Instant feedback</b>		<b>On-going assessment</b>
<b>Knowledge checks</b>		<b>Data capture</b>
<b>Observation</b>		<b>Target Setting</b>
<b>Discussion</b>		

From Y1 – Y9

# Overview National Curriculum KS1, KS2 & KS3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Key Stage 1</b>	Games Health and Fitness	Net and wall Games	Net and Wall Games	Gymnastics Swim	Net and Wall Outdoor Education	Athletics Striking and fielding
<b>Key Stage 2 Lower</b>	Games Health and Fitness	Net and wall Games	Health Related Fitness Outdoor Education	Gymnastics Swim	Net and Wall Outdoor Education	Athletics Striking and fielding
<b>Key Stage 2 Upper</b>	Games Health Related Fitness	Net and wall Games	Health Related Fitness Outdoor Education	Gymnastics Swim	Net and Wall Outdoor Education	Athletics Striking and fielding
<b>Year 7</b>	Invasion Games Health Related Fitness	Net and wall Invasion Games	Health Related Fitness Outdoor Education	Sports Leadership	Net and Wall Outdoor Education	Athletics Striking and fielding
<b>Year 8</b>	Invasion Games Health Related Fitness	Net and wall Invasion Games	Health Related Fitness Outdoor Education	Sports Leadership	Net and Wall Outdoor Education	Athletics Striking and fielding
<b>Year 9</b>	Invasion Games Health Related Fitness	Net and wall Invasion Games	Health Related Fitness Outdoor Education	Sports Leadership	Net and Wall Outdoor Education	Athletics Striking and fielding

# KS1 Curriculum

Autumn 1	Knowledge	Skills
<b>Games</b>	Knowledge to: <ul style="list-style-type: none"><li>• Move to avoid being tagged</li><li>• Try and score in a simple game</li><li>• Apply simple rules in a small modified game</li><li>• Demonstrate exercise is fun</li></ul>	<ul style="list-style-type: none"><li>• Demonstrate simple movement skills (walk/ jog/ run) in modified games</li><li>• Understand simple rules</li><li>• Understand simple scoring</li></ul>
<b>Health and Fitness</b>	Knowledge to: <ul style="list-style-type: none"><li>• Safely move and use equipment</li><li>• Say how body feels during exercise</li><li>• Understand exercise is good for a healthy heart</li></ul>	<ul style="list-style-type: none"><li>• Linking actions walk into jog into running smoothly</li><li>• Dodging in adapted games</li><li>• Pump arms to run faster</li></ul>

Autumn 2	Knowledge	Skills
<b>Net and wall</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Demonstrate hand eye co-ordination in modified N &amp; W game</li> <li>• Demonstrate movement towards an object to catch/ hit in modified N &amp; W game</li> <li>• Demonstrate hands interlocked and fingers spread when catching</li> </ul>	<ul style="list-style-type: none"> <li>• Good co-ordination of legs/ arms and eyes in a modified game</li> <li>• Movement towards an object</li> <li>• Simple hitting an object</li> </ul>
<b>Games</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Explain how to score in simple game</li> <li>• Explain rules of a game</li> <li>• Explain how to score in a game</li> <li>• Explain simple attacking strategy in a game</li> </ul>	<ul style="list-style-type: none"> <li>• Safe movement</li> <li>• Passing</li> <li>• Understanding simple rules</li> <li>• Understand simple scoring</li> </ul>

Spring 1	Knowledge	Skills
<b>Net and wall</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"> <li>• Demonstrate being ready and alert in a game</li> <li>• Identify why foot movement is critical to catch/ hitting an object in simple N &amp; W game</li> <li>• Demonstrate fair play in using a simple scoring system's</li> <li>• Demonstrate fair play in using simple rules</li> </ul>	<ul style="list-style-type: none"> <li>• Holding racket/ bat in ready position</li> <li>• Movement to hit/ catch object</li> <li>• Cooperation in the scoring system</li> <li>• Cooperation in the rules</li> </ul>
<b>Games</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"> <li>• Show basic ball skills in small games</li> <li>• Take part in sending and receiving activities which shows some basic control</li> <li>• Begin to develop eye-hand co-ordination when passing or receiving</li> </ul>	<ul style="list-style-type: none"> <li>• Partner passing and receiving</li> <li>• Moving without a ball in game</li> <li>• Dribbling</li> </ul>

Spring 2	Knowledge	Skills
<b>Gymnastics</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Use turns whilst travelling in a variety of ways.</li> <li>• Begin to develop good technique when travelling, balancing or using equipment.</li> <li>• Begin to show some flexibility in movements</li> </ul>	<ul style="list-style-type: none"> <li>• Create and perform a sequence of movements</li> <li>• Hold at least 3 still shapes with 2 linking movements</li> <li>• Demonstrate a range of movement with control, balance and co-ordination</li> </ul>
<b>Swim</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Stand in water with feet on floor</li> <li>• Splash in the water to show confidence</li> <li>• Put face in water and blow bubbles</li> </ul>	<ul style="list-style-type: none"> <li>• Water confidence</li> <li>• Bouncing/ jumping in shallow water feet on floor</li> <li>• Rotation of arms to splash water</li> </ul>



Summer 1	Knowledge	Skills
<b>Net and Wall</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Work co-operatively with a partner</li> <li>• Demonstrate holding a racket</li> <li>• Demonstrate simple hitting in a modified game</li> </ul>	<ul style="list-style-type: none"> <li>• Hand eye co-ordination</li> <li>• Hitting</li> <li>• Serving</li> </ul>
<b>Outdoor Education</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Walk in a variety of different areas being aware of the different trees and plants</li> <li>• Identifying different flowers</li> <li>• Follow a simple trail</li> <li>• Set up a shelter</li> <li>• Support a simple outdoors cooking session</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Team work</li> <li>• Cooperation</li> </ul>

Summer 2	Knowledge	Skills
<b>Athletics</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Run at different speeds</li> <li>• Jump from standing and run up</li> <li>• Perform a variety of simple throws</li> </ul>	<ul style="list-style-type: none"> <li>• Jumping</li> <li>• Throwing</li> <li>• Running</li> </ul>
<b>Striking and fielding</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Throw a ball over a short distance</li> <li>• Co-operatively play a modified S &amp; F game</li> <li>• I can follow simple rules and scoring systems</li> </ul>	<ul style="list-style-type: none"> <li>• Throw for distance over arm</li> <li>• Throw for target underarm</li> <li>• Fielding skills</li> </ul>

# Key Stage 2 Lower Curriculum

Autumn 1	Knowledge	Skills
<b>Games</b>	<p>.Knowledge to:</p> <ul style="list-style-type: none"><li>• Display the confidence to send the ball to others in a modified game in a range of ways</li><li>• Begin to apply and combine a variety of skills to a simple game situation</li><li>• Begin to demonstrate good spatial awareness in a small game</li></ul>	<ul style="list-style-type: none"><li>• Changing direction in games situation</li><li>• Movement into space</li><li>• Passing and receiving skills in small competitive game</li></ul>
<b>Health and Fitness</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"><li>• Describe simple changes in the body during exercise</li><li>• Identify why people sweat during exercise</li><li>• Explain why warming up is important</li></ul>	<ul style="list-style-type: none"><li>• Continuous movement skills without giving up</li><li>• Rapid changing of direction quickly and at pace</li><li>• Changing weight and balance during vigorous exercise dodging people</li></ul>

Autumn 2	Knowledge	Skills
<b>Net and Wall</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"> <li>• Identify the importance of fast footwork in modified N &amp; W game</li> <li>• Demonstrate aiming skills to try and win points</li> <li>• Demonstrate simple attacking strategies to win points in a modified N &amp; W game</li> </ul>	<ul style="list-style-type: none"> <li>• Use effective footwork, movement and positioning in the context of net and wall games</li> <li>• Throwing skills</li> <li>• To hit an object accurately using simple technique</li> </ul>
<b>Game</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"> <li>• Move with the ball using a range of techniques, showing control and fluency.</li> <li>• Accurately pass the ball in two different ways in a game situation with some success.</li> <li>• Consistently pass the ball with increasing speed, accuracy, and success in a game situation.</li> </ul>	<ul style="list-style-type: none"> <li>• Starting a game</li> <li>• Passing/ receiving</li> <li>• Dribbling</li> <li>• Scoring</li> </ul>

Spring 1	Knowledge	Skills
<b>Health and Fitness</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Discuss and demonstrate own warm up</li> <li>• Copy how to take own pulse</li> <li>• Explain pulse is linked to heart rate</li> </ul>	<ul style="list-style-type: none"> <li>• Simple movements (walking/ jogging/ running/ sprinting) with control and co-ordination</li> <li>• Take pulse at wrist</li> <li>• Simple safe movement skills including safe jumping/ landing and rotation linking different skills in movement</li> </ul>
<b>Outdoor Education</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Walk in a variety of different areas being aware of the different trees and plants</li> <li>• Identifying different flowers</li> <li>• Follow a simple trail</li> <li>• Set up a shelter</li> <li>• Support a simple outdoors cooking session</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Team work</li> <li>• Cooperation</li> </ul>



Spring 2	Knowledge	Skills
<b>Gymnastics</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Explain key parts of a static balance</li> <li>• Explain and demonstrate safe rotation</li> <li>• Explain simple sequence</li> </ul>	<ul style="list-style-type: none"> <li>• Balance with extension</li> <li>• Rotation</li> <li>• Starting and finishing positions</li> </ul>
<b>Swim</b>	Knowledge to: <ul style="list-style-type: none"> <li>▪ Demonstrate mushroom shape in water</li> <li>▪ Attempt to float on back as star with swimming aids</li> <li>• Explain to stay calm in water</li> </ul>	<ul style="list-style-type: none"> <li>• Breathing for swimming</li> <li>• Extending arms and legs into star shape</li> <li>• Tuck position (flexibility) in water</li> </ul>

Summer 1	Knowledge	Skills
<b>Net and Wall</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Take part in a simple game of N &amp; W using attacking strategies</li> <li>• Explain with confidence types of attacking strategies to win points</li> <li>• Confidently explain simple rules of a game</li> </ul>	<ul style="list-style-type: none"> <li>• Serving</li> <li>• Forehand/ backhand</li> <li>• Basic attacking strategies</li> </ul>
<b>Outdoor Education</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Walk in a variety of different areas being aware of the different trees and plants</li> <li>• Identifying different flowers</li> <li>• Follow a simple trail</li> <li>• Set up a shelter</li> <li>• Support a simple outdoors cooking session</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Team work</li> <li>• Cooperation</li> </ul>

Summer 2	Knowledge	Skills
<b>Athletics</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Perform a range of athletic skills in a sequence (hop, skip and jump)</li> <li>• Explain and demonstrate good degree of accuracy in a throwing activity</li> <li>• I can use equipment safely with good control</li> </ul>	<ul style="list-style-type: none"> <li>• Running for speed</li> <li>• Hopping</li> <li>• Bounding</li> <li>• Throwing</li> </ul>
<b>Striking and fielding</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Strike a ball using a range of different equipment consistently</li> <li>• Explain how to bowl under arm</li> <li>• Use the correct skills to field the ball without it going passed me</li> </ul>	<ul style="list-style-type: none"> <li>• Bowling</li> <li>• Hitting</li> <li>• Fielding</li> <li>• Scoring</li> </ul>



# Key Stage 2 Upper Curriculum

Autumn 1	Knowledge	Skills
<b>Games</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"><li>• Show confidence in using ball skills in various ways and link these together whilst under pressure in a small game</li><li>• Demonstrate taking part in a variety of small invasion games demonstrating simple attacking tactics</li><li>• Make appropriate comments to evaluate my own performance</li></ul>	<ul style="list-style-type: none"><li>• Passing and receiving in small games under pressure</li><li>• Observation skills</li><li>• Feedback skills</li></ul>
<b>Health and Fitness</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"><li>• Understand the importance of warming up and cooling down.</li><li>• Explain some safety principles when preparing for and during exercise.</li><li>• Carry out warm-ups and cool-downs safely and effectively.</li><li>• Explain why exercise is good for health, fitness and wellbeing.</li><li>• Describe ways an individual can become healthier.</li></ul>	<ul style="list-style-type: none"><li>• Running at different pace with balance</li><li>• Moving in different directions with confidence</li><li>• Stretching</li><li>• Joint mobility</li></ul>

Autumn 2	Knowledge	Skills
<b>Net and wall</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Perform a range of skills linked together to take part in a modified N &amp; W game</li> <li>• Anticipate and move quickly to maintain a short rally</li> <li>• Give a brief analysis of own performance</li> </ul>	<ul style="list-style-type: none"> <li>• Serving into an area</li> <li>• Returning serve</li> <li>• Rally (overhead)</li> <li>• Keeping own scores (cooperation)</li> </ul>
<b>Games</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g., passing and receiving the ball on the move.</li> <li>• Keep and win back possession of the ball effectively in a team game.</li> <li>• Confidently apply my range of skills in a number of small invasion games situations</li> </ul>	<ul style="list-style-type: none"> <li>• Passing and receiving in pressure situations</li> <li>• Restarting the game</li> <li>• Shooting and defending</li> </ul>

Spring 1	Knowledge	Skills
<b>Health and Fitness</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Explain the importance of warming up and cooling down to a peer</li> <li>• Explain some safety principles when preparing for and during exercise.</li> <li>• Carry out warm-ups and cool-downs safely and effectively in a pair</li> <li>• Understand why exercise is good for health, fitness and wellbeing.</li> <li>• Explain ways of maintain a healthy lifestyle as well as exercise.</li> </ul>	<ul style="list-style-type: none"> <li>• Taking pulse</li> <li>• Running at different speeds</li> <li>• Stretching</li> <li>• Joint mobility</li> <li>• Feeding back to others</li> </ul>
<b>Outdoor Education</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Walk in a variety of different areas being aware of the different trees and plants</li> <li>• Identifying different flowers</li> <li>• Follow a simple trail</li> <li>• Design own simple maps of area</li> <li>• Set up a shelter</li> <li>• Support a simple outdoors cooking session</li> </ul>	<ul style="list-style-type: none"> <li>• Team work</li> <li>• Fitness</li> <li>• Cooperation</li> <li>• Directions</li> <li>• Navigation</li> <li>• North, South, East, West</li> </ul>

Spring 2	Knowledge	Skills
<b>Gymnastics</b>	Knowledge to: <ul style="list-style-type: none"> <li>Plan a routine with a partner using balance and movement identifying the importance of strength within gymnastics</li> <li>Explain how to safely take a partner's weight in a balance</li> <li>Work co-operatively with a partner</li> </ul>	<ul style="list-style-type: none"> <li>With a partner choreographing a routine</li> <li>Partner balances</li> <li>Taking others weight</li> <li>Identify strength in gymnastics</li> </ul>
<b>Swim</b>	Knowledge to: <ul style="list-style-type: none"> <li>Use 'doggy paddle' to move forward in the water (with swimming aids if necessary)</li> <li>Explain safety around water</li> <li>Swim a width of the pool without putting feet down</li> <li>Use a range of strokes to stay afloat for 30 seconds</li> </ul>	<ul style="list-style-type: none"> <li>Float to survive</li> <li>Treading water</li> <li>Breast stroke</li> </ul>

Summer 1	Knowledge	Skills
<b>Net and Wall</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Set up and put away the equipment safely</li> <li>• Confidently serve keeping the shuttle/ ball in play</li> <li>• Explain simple serving rules in a range of N &amp; W games</li> <li>• Confidently explain another players strengths</li> </ul>	<ul style="list-style-type: none"> <li>• Serving with accuracy to win points</li> <li>• Serving within the rules of a variety of activities</li> <li>• Observational and analysis</li> <li>• feedback</li> </ul>
<b>Outdoor Education</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Walk in a variety of different areas being aware of the different trees and plants</li> <li>• Identifying different flowers</li> <li>• Follow a simple trail</li> <li>• Design own simple maps of area</li> <li>• Set up a shelter</li> <li>• Support a simple outdoors cooking session</li> </ul>	<ul style="list-style-type: none"> <li>• Team work</li> <li>• Fitness</li> <li>• Cooperation</li> <li>• Directions</li> <li>• Navigation</li> <li>• North, South, East, West</li> </ul>

Summer 2	Knowledge	Skills
<b>Athletics</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Demonstrate endurance and stamina over longer distances in order to maintain a sustained run.</li> <li>• Begin to record other people results accurately in throws, jumps and running</li> <li>• Describe good athletic performance using correct vocabulary</li> </ul>	<ul style="list-style-type: none"> <li>• Vocabulary: stamina, speed</li> <li>• Recording results</li> <li>• Breathing for endurance running</li> <li>• Partner co-operation skills</li> </ul>
<b>Striking and fielding</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Hit the ball into space away from fielders using a variety of bats and sized balls</li> <li>• Throw accurately over a short distance under pressure</li> <li>• Keep accurate score in a game and be the referee</li> <li>• Use a range of vocabulary for striking and fielding games</li> </ul>	<ul style="list-style-type: none"> <li>• Bowling</li> <li>• Hitting</li> <li>• Fielding</li> <li>• Catching</li> <li>• Scoring</li> </ul>

# Year 7 Curriculum

Autumn 1	Knowledge	Skills
<b>Invasion Games</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"><li>• Describe what makes a good pass</li><li>• Describe what to do if want a pass</li><li>• Identify scoring systems for different games</li><li>• Identify simple rules of a range of games</li></ul>	<ul style="list-style-type: none"><li>• Variety of static passes</li><li>• Basic passing on move</li><li>• Receiving the pass</li><li>• Simple scoring</li><li>• Simple rules</li></ul>
<b>HRF</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"><li>• Explain the benefits of a healthy lifestyles</li><li>• Explain about the pulse during exercise</li><li>• Explain 2 positive long-term effects of regular exercise</li></ul>	<ul style="list-style-type: none"><li>• Take part in warm up</li><li>• Take own pulse</li><li>• Exercising vigorously to identify an immediate effect of exercise</li></ul>

Autumn 2	Knowledge	Skills
<b>Net and Wall</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"> <li>• Take part in a racket sport demonstrating control of the racket head to direct the ball/ shuttle</li> <li>• Confidently hit the shuttle/ ball into space</li> <li>• Confidently explain simple attacking tactics to win points</li> </ul>	<ul style="list-style-type: none"> <li>• Serving</li> <li>• Returning serve</li> <li>• Rallying</li> <li>• Overhead/ under arm shots</li> <li>• Observational and analysis</li> </ul>
<b>Invasion games</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"> <li>• Demonstrate and explain the transfer of skills from one invasion game to another whilst performing effectively</li> <li>• Consistently perform in several invasion games being an effective part of a team in attack and defence</li> <li>• Explain effective defensive strategies for different invasion games</li> </ul>	<ul style="list-style-type: none"> <li>• Passing to maintain possession</li> <li>• Movement to support an attack</li> <li>• Setting up simple attacks</li> <li>• Simple attacking/ defensive/ strategies</li> <li>• Evaluating performance</li> </ul>



Spring 1	Knowledge	Skills
<b>HRF</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Explain how often individuals should exercise to stay healthy</li> <li>• Explain the need to warm up and cool down before exercise</li> <li>• Describe different types of fitness needed to maintain general healthy lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>• Take part in group warm up</li> <li>• Take own pulse recording result</li> <li>• Exercise vigorously enough to identify 3 changes in the body</li> </ul>
<b>O.E</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Walk in a variety of different areas being aware of the conservation issues</li> <li>• Identifying different hazards to the countryside</li> <li>• Follow a simple trail</li> <li>• Follow a simple OS map</li> <li>• Set up a shelter</li> <li>• Cook on a stove outside</li> </ul>	<ul style="list-style-type: none"> <li>• Map reading</li> <li>• Camp safety</li> <li>• Cooking outside</li> </ul>

Spring 2	Knowledge	Skills
<b>Sports Leadership</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Lead a pair warm up</li> <li>• Design a modified game</li> <li>• Explain and demonstrate the game to others</li> <li>• Support others taking part in the game</li> </ul>	<ul style="list-style-type: none"> <li>• Communication</li> <li>• Motivation</li> <li>• Motivation</li> </ul>
<b>Sports Leadership</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Lead a small group warm up</li> <li>• Use effective leadership skills to feedback to others</li> <li>• Lead part of the group in an activity of your choice</li> </ul>	<ul style="list-style-type: none"> <li>• Talking</li> <li>• Listening</li> <li>• Observing</li> <li>• Feedback</li> </ul>

Summer 1	Knowledge	Skills
<b>Net And Wall</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"> <li>• Compete in a modified game demonstrating tactics to move an opponent around the court/ table</li> <li>• Demonstrate control of the racket/ bat to hit in to specific attacking areas</li> </ul>	<ul style="list-style-type: none"> <li>• Serving</li> <li>• Overhead shots</li> <li>• Underarm shots</li> <li>• Drop shots</li> <li>• Forehand/ backhand</li> </ul>
<b>O.E</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"> <li>• Walk in a variety of different areas being aware of the conservation issues</li> <li>• Identifying different hazards to the countryside</li> <li>• Follow a simple trail</li> <li>• Follow a simple OS map</li> <li>• Set up a shelter</li> <li>• Cook on a stove outside</li> </ul>	<ul style="list-style-type: none"> <li>• Map reading</li> <li>• Camp safety</li> <li>• Cooking outside</li> </ul>

## Summer 2

## Knowledge

## Skills

### Athletics

Knowledge to:

- Explain a range of techniques used for a variety of throwing events
- Use the correct starting procedures for a sprint race
- Run over longer distances keeping an even pace, not giving up and focusing on breathing

- Shot putt (linear and rotation)
- Discuss (Rotation)
- Javelin (linear)
- Sprint starts
- Pacing

# Year 8 Curriculum

Autumn 1	Knowledge	Skills
<b>Invasion Games</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"><li>• Perform to a high standard consistently in a range of invasion games having a positive impact for my team</li><li>• Demonstrate the ability to read and react to different game situations as they develop in a range of invasion games</li><li>• Develop methods to outwit an opponent to score</li></ul>	<ul style="list-style-type: none"><li>• Possession of the ball</li><li>• Shooting</li><li>• Tactics</li><li>• Pace</li><li>• Agility</li><li>• Balance</li><li>• Co-ordination</li></ul>
<b>HRF</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"><li>• Explain the need for a safe warm up and the components of a warm up before exercise</li><li>• Demonstrate basic leadership skills</li><li>• Explain different joints and safe stretches with joint mobility</li></ul>	<ul style="list-style-type: none"><li>• Communication skills</li><li>• Confidence</li><li>• Knowledge of muscle and their names</li><li>• Holding stretches</li><li>• Joint mobility and type of joint</li></ul>

Autumn 2	Knowledge	Skills
<b>Net And wall</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"> <li>• Demonstrate an ability to perform in a singles situation under pressure using a wide range of shots</li> <li>• Efficiently make adjustments to technique in a pressure situation (attack/ defence) when required</li> <li>• Confidently explain the regular health benefits of playing a N &amp; W game for physical health</li> </ul>	<ul style="list-style-type: none"> <li>• Serving</li> <li>• Returning serve</li> <li>• Attacking play</li> <li>• Defensive play</li> <li>• Positioning on court (court awareness)</li> <li>• Agility</li> <li>• Reaction time</li> </ul>
<b>Invasion Games</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"> <li>• Perform the skills learnt in a variety of games in multiple situations with changes in stimuli and solve complex problems</li> <li>• See patterns of play develop and select a range of tactics and skills to outwit opponents</li> <li>• Can demonstrate a high level of awareness and anticipation in changing situations</li> </ul>	<ul style="list-style-type: none"> <li>• Pass/ receive</li> <li>• Dribble</li> <li>• Beat an opponent</li> <li>• Give and go (pass and move)</li> <li>• Good space/ bad space</li> </ul>

Spring 1	Knowledge	Skills
<b>HRF</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Identify why breathing increases during exercise</li> <li>• Explain breathing rate</li> <li>• Explain the correct breathing cycle during exercise</li> <li>• Safely conduct a range of fitness tests and accurately record the results</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Running a different pace (fartlek)</li> <li>• Interval training</li> <li>• Continuous training</li> <li>• Circuit training</li> <li>• Muscular endurance</li> </ul>
<b>O.E</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Appropriately warm up for a bouldering session</li> <li>• Move efficiently traversing on the wall/ rock</li> <li>• Maintain an understanding of safety at the wall/ rock</li> <li>• Safely spot a partner making them feel safe and confident</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Traversing</li> <li>• Pumped</li> <li>• Spotting</li> </ul>

Spring 2	Knowledge	Skills
<b>Sports Leadership</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Lead the whole group warm up</li> <li>• Design a modified game</li> <li>• Explain and demonstrate the game to others</li> <li>• Support others taking part in the game</li> </ul>	<ul style="list-style-type: none"> <li>• Communication</li> <li>• Motivation</li> <li>• Motivation</li> </ul>
<b>Sports Leadership</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Lead the whole group warm up</li> <li>• Use effective leadership skills to feedback to others</li> <li>• Lead the whole of the group in an activity of your choice</li> </ul>	<ul style="list-style-type: none"> <li>• Talking</li> <li>• Listening</li> <li>• Observing</li> <li>• Feedback</li> </ul>



Summer 1	Knowledge	Skills
<b>Net And Wall</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"> <li>• Take part hitting a rally to a partner for over 20 shots co-operatively</li> <li>• Perform a wide range of skills putting pressure on the opponent hitting the ball/ shuttle into space accurately and consistently</li> <li>• Demonstrate that I am motivated to perform to a high level being resilient in games to perform to my best to try and be successful</li> </ul>	<ul style="list-style-type: none"> <li>• Serving</li> <li>• Forehand/ backhand</li> <li>• Volley</li> <li>• Drive volley</li> <li>• Fair play</li> <li>• Co-operation</li> </ul>
<b>OE</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"> <li>• Walk in a variety of different areas being aware of the conservation issues</li> <li>• Identifying different hazards to the countryside</li> <li>• Follow a simple trail</li> <li>• Follow a simple OS map</li> <li>• Set up a shelter/ knot tying</li> <li>• Cook on a stove outside</li> </ul>	<ul style="list-style-type: none"> <li>• Map reading</li> <li>• Camp safety</li> <li>• Cooking outside</li> <li>• Figure of eight</li> </ul>

Summer 2	Knowledge	Skills
<b>Athletics</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Safely coach and lead a partner in a range of athletics activities</li> <li>• Identify the key components of fitness to specific athletic activities</li> <li>• Perform a range of activities to the best of my ability demonstrating motivation and resilience to do well</li> </ul>	<ul style="list-style-type: none"> <li>• Leadership skills</li> <li>• Coaching skills</li> <li>• Working Cooperatively</li> <li>• Intrinsic/ extrinsic motivation</li> </ul>
<b>Striking and Fielding</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Set up a field placement to pressurise the batter</li> <li>• Clearly identify and explain a batter's strengths and weaknesses</li> <li>• Bowl and hit with consistency in a game's situation</li> </ul>	<ul style="list-style-type: none"> <li>• Bowl</li> <li>• Bat</li> <li>• Field</li> <li>• Lead</li> <li>• Organise</li> <li>• Observation and analysis</li> </ul>

# Year 9 Curriculum

Autumn 1	Knowledge	Skills
<b>Invasion Games</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"><li>• Demonstrate making detailed judgements in a game using the skills developed to optimise attacking situations</li><li>• Confidently referee a game</li><li>• Clearly identify the components of fitness with a variety of invasion games</li><li>• Explain and demonstrate components of fitness for invasion games</li></ul>	<ul style="list-style-type: none"><li>• Passing/ receiving</li><li>• Dribbling</li><li>• Beating an opponent</li><li>• Tackling</li><li>• Shooting</li><li>• Fitness tests</li><li>• Types of training</li></ul>
<b>HRF</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"><li>• Explain a range of fitness tests and what component of fitness they test</li><li>• Perform the tests appropriately accurately recording own score</li><li>• Evaluate own fitness test scores</li></ul>	<ul style="list-style-type: none"><li>• Testing for fitness</li><li>• Recording results</li><li>• Organising tests</li></ul>

Autumn 2	Knowledge	Skills
<b>Net and Wall</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Explain my tactics to set up an attack against an opponent</li> <li>• Work as an effective pair in a game of doubles</li> <li>• Explain the doubles scoring and serving systems</li> </ul>	<ul style="list-style-type: none"> <li>• Serving</li> <li>• Return of serve</li> <li>• Smash/ lob/ drop shot</li> <li>• Co-operation</li> <li>• Team work</li> </ul>
<b>Invasion Games</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Confidently take part in a range on invasion games demonstrating effective skills in pressure situations</li> <li>• Take part in different types of training to improve fitness for invasion games</li> <li>• Lead fitness tests and record results for a range appropriate to invasion games</li> <li>• Critically analyse my own performance in a range of invasion games</li> </ul>	<ul style="list-style-type: none"> <li>• Passing/ receiving</li> <li>• Dribbling</li> <li>• Beating an opponent</li> <li>• Tackling</li> <li>• Shooting</li> <li>• Fitness tests</li> <li>• Types of training</li> </ul>

Spring 1	Knowledge	Skills
HRF	<p>Knowledge to:</p> <ul style="list-style-type: none"> <li>• Demonstrate the skills to lead a partner in a range of fitness tests</li> <li>• Administer the tests safely accurately recording the scores</li> <li>• Identify own areas of strength and weaknesses using test data</li> </ul>	<ul style="list-style-type: none"> <li>• Leadership</li> <li>• Communication</li> <li>• Organisation</li> <li>• Recording</li> </ul>
OE	<p>Knowledge to:</p> <ul style="list-style-type: none"> <li>• Appropriately warm up for a bouldering session</li> <li>• Move efficiently traversing on the wall/ rock</li> <li>• Maintain an understanding of safety at the wall/ rock</li> <li>• Safely spot a partner making them feel safe and confident</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Traversing</li> <li>• Pumped</li> <li>• Spotting</li> </ul>

Spring 2	Knowledge	Skills
<b>Sports Leadership</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Lead the whole group warm up</li> <li>• Design a modified game</li> <li>• Explain and demonstrate the game to others</li> <li>• Support others taking part in the game</li> </ul>	<ul style="list-style-type: none"> <li>• Communication</li> <li>• Motivation</li> </ul>
<b>Sports Leadership</b>	Knowledge to: <ul style="list-style-type: none"> <li>• Lead the whole group warm up</li> <li>• Use effective leadership skills to feedback to others</li> <li>• Lead the whole of the group in an activity of your choice</li> </ul>	<ul style="list-style-type: none"> <li>• Talking</li> <li>• Listening</li> <li>• Observing</li> <li>• Feedback</li> </ul>

Summer 1	Knowledge	Skills
<b>Net And Wall</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"> <li>• Perform a wide range of advanced skills in pressure situations with high consistency and confidence</li> <li>• Organise and lead a mini tournament</li> <li>• Identify the main components of fitness for N &amp; W games, and identify tests for these components</li> </ul>	<ul style="list-style-type: none"> <li>• Organising</li> <li>• Understand components of fitness</li> <li>• Serving/ returning/ volleying</li> <li>• Illinois agility test</li> <li>• Ruler test</li> <li>• Stork balance</li> <li>• Sargent jump</li> <li>• Sprint test</li> </ul>
<b>OE</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"> <li>• Appropriately warm up for a bouldering session</li> <li>• Move efficiently traversing on the wall/ rock</li> <li>• Maintain an understanding of safety at the wall/ rock</li> <li>• Safely spot a partner making them feel safe and confident</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up</li> <li>• Traversing</li> <li>• Spotting</li> <li>• Bouldering</li> </ul>

Summer 2	Knowledge	Skills
<b>Athletics</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"> <li>Organise a min athletics tournament</li> <li>Be confident and reliable in recording and recording times, distances and lengths</li> <li>Take part in a range of types of training to improve speed, strength and stamina</li> </ul>	<ul style="list-style-type: none"> <li>Run</li> <li>Jump</li> <li>Throw</li> <li>Interval training</li> <li>Fartlek training</li> <li>Circuit training</li> </ul>
<b>Striking and Fielding</b>	<p>Knowledge to:</p> <ul style="list-style-type: none"> <li>Perform a wide range of advanced skills in pressure situations with high consistency and confidence</li> <li>Organise and lead a mini tournament</li> <li>Identify the main components of fitness for S &amp; F games, and identify tests for these components</li> </ul>	<ul style="list-style-type: none"> <li>Organising</li> <li>Understand components of fitness</li> <li>Serving/ returning/ volleying</li> <li>Illinois agility test</li> <li>Ruler test</li> <li>Stork balance</li> <li>Sargent jump</li> <li>Sprint test</li> </ul>